

Meat Cuts Confuse You? Here's a Simple Rundown

"Fox Markets are continuously striving to present their customers with up-to-date information on products and services. We hope the following information will be helpful to you, when you order various cuts of meat," market executives said yesterday.

Here is a list of meat cuts compiled by experts of the Swift Home Economics Laboratory in Chicago.

Delmonte Steak: A shell shank with bone left in it.

Outside Chuck Roll: Boned blade pot roast.

Inside Chuck Roll: Boned pot roast; actually a continuation of the rib muscle. Choice part of chuck.

Boston Cut and English Cut: Compact arm and blade pot roast. It is cut across two ribs at plate corner or chuck where blade and arm sections meet.

Sirloin Strip: A partially boned or completely boned steak made from the short loin with the tenderloin removed.

New York Cut and Kansas City Steak: Restaurant terms often used to describe steaks cut from sirloin strip.

Hip Steak: Cut from rump and sirloin area.

Pike's Peak Roast: Pot roast cut from heel of round.

Hip Bone Steak and Pin Bone Steak: A sirloin steak looks like T-Bone. It contains some tenderloin, but also hip bone as well as T-Bone.

Sirloin Steak Butt: Restaurant term used to describe a steak cut from the most tender section of the top portion of a large sirloin steak.

Prime Ribs: A restaurant term for standing ribs of beef.

Spencer Roll: Boneless beef rib with chuck muscles removed.

7-Bone Pot Roast: Chuck pot roast cut across clod section with ends of 3 ribs.

Eye of Round: A steak or pot roast made from the smallest of boneless muscle from the full cut round.

London Broil: A broiled high quality, thick flank steak. It is served rare and sliced thin, slanting across grain.

Skril Steak: Long flat muscle that lies on the inside of the beef plate and is used for steak or ground meat.

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Homes Savings Assets Exceed \$800 Millions

Home Savings and Loan Association assets now exceed \$800 million, setting another first in the industry as it continues to outpace savings and loan associations nationally.

The nation's largest association, Home Savings total assets of last Aug. 31 amounted to \$815,965,467, and ell per cent increase over the \$736,765,710 held at the end of last year, and a gain of 19 per cent over \$685,120,927 as of the end of August 1959.

Highlighting Home Saving's accelerating growth is the \$105,998,949 increase in savings recorded in the first eight months of this year, Howard Ohmanson, chairman of the board, reported. This is a 72 per cent greater savings gain than the association reported for the like eight months of last year. Total savings held by Home at the end of last month reached \$717,391,508, representing over 250,000 savers.

"Home Savings' growth is particularly significant in that its points up the increasingly important role that it and similar institutions are playing in the lives of Southern Californians, both savers and home owners," Ahmanson declared.

Instructors Join Nixon, Lodge Drive

Juan de la Hays and Ronald M. MacKinnon, instructors at El Camino College, have been listed as co-sponsors in the organization of a Scholars for Nixon and Lodge in Southern California. Co-chairmen of the new group are Dr. Carl Q. Christol, chairman of the political science department at SC, and Dr. George C. S. Benson, president of Claremont Men's College.

New Daily Schedule --- SEPT. 25!

Eastbound	PACIFIC STANDARD TIME	Westbound
Lv 9:00 AM	Los Angeles	Ar 11:30 PM
Lv 9:20 AM	East Los Angeles	Ar 11:10 PM
Lv 9:45 AM	Pomona	Ar 10:37 PM
Lv 10:15 AM	Riverside	Ar 10:07 PM
Lv 10:40 AM	San Bernardino	Ar 9:47 PM
Ar 3:45 PM	Las Vegas	Lv 4:45 PM

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